



Continuing Education Quiz for Counselors

Substance abuse counselors can earn two nationally certified continuing education (CE) hours by reading the indicated articles and completing the multiple-choice quiz below. This is an open-book exam. Complete the quiz by circling one of the multiple-choice answers. Be sure to answer all questions; unanswered questions will be scored as incorrect. You must score at least 70 percent to earn CE hours. Please note that we must receive your quiz by March 31, 2011.

Addiction and Cognition—Page 4

1. In the two-stage model of addiction, the first stage is predominantly characterized by:

- a. alterations in signals carried by the neurotransmitter glutamate;
- b. hyperactivated dopamine signaling in the brain's reward systems producing intensely pleasurable feelings;
- c. heightened susceptibility to drug cues during periods of abstinence;
- d. craving.

2. Drug-stimulus associations persist over time because:

- a. communication pathways between neurons are reshaped during substance abuse;
- b. proteins that participate in cell signaling pathways between neurons are also involved in drug-seeking behaviors;
- c. substance abuse can alter brain areas that are responsible for long-term, declarative memory;
- d. all of the above.

3. Synaptic plasticity refers to:

- a. the reshaping of communication pathways between neurons;
- b. withdrawal symptoms during early abstinence;
- c. drug-related impaired cognitive performance;
- d. all of the above.

Strategies for Training Counselors in Evidence-Based Treatments—Page 30

4. Some evidence-based treatments are based on or use:

- a. cognitive-behavioral therapy;
- b. motivational interviewing;
- c. medications such as buprenorphine;
- d. all of the above.

5. The most effective method for training therapists to deliver an evidence-based therapy is:

- a. workshops that are reinforced with reviews of

treatment manuals and handouts;

- b. clinical supervision of therapists, involving direct supervision of sessions and the use of performance feedback and individualized coaching;
- c. Web-based training and computer-assisted simulation programs;
- d. yet to be determined.

6. "Blended learning" refers to:

- a. evaluating the effectiveness of counseling methods through an analysis of patient outcomes;
- b. a combination of training techniques, such as manuals, workshops, and face-to-face supervision, which help counselors learn how best to use evidence-based treatments;
- c. training in a cross-cultural context;
- d. initial training in an evidence-based treatment followed by booster sessions.

Transporting Clinical Research to Community Settings: Designing and Conducting a Multisite Trial of Brief Strategic Family Therapy—Page 54

7. The main theme of this article concerns:

- a. balancing scientific rigor and real-world applicability in a community-based trial of Brief Strategic Family Therapy;
- b. the best methods to retain a population of drug-abusing adolescents in a long-term research study;
- c. ways to develop fair and equitable reimbursement policies for therapists;
- d. all of the above.

8. Hybrid designs balance features that are typically associated with both:

- a. cognitive-behavioral therapy (CBT) and Brief Strategic Family Therapy (BSFT);
- b. clinical research (efficacy studies) and real-world intervention research (effectiveness studies);
- c. effectiveness studies and analyses of reimbursement policies;
- d. all of the above.

9. When designing and implementing the Brief Strategic Family Therapy (BSFT) protocol in community treatment programs, researchers were challenged to:

- a. develop a research structure that would enable each community treatment program to carry out the complex protocol;
- b. systematically integrate BSFT recruitment protocols into each agency's existing intake procedures;
- c. encourage community treatment programs to make a philosophical shift regarding the nature of drug treatment for adolescents;
- d. all of the above.

This issue of *Addiction Science & Clinical Practice* has the following objectives for drug abuse treatment providers and researchers:

- to explain how drugs affect learning and memory, and the clinical implications of these effects;
- to review current knowledge concerning how well various training methods prepare therapists to deliver evidence-based treatments;
- to describe a multisite, community-based effectiveness trial of an evidence-based treatment, highlighting challenges faced and steps taken to meet them.

Please rate the following on a 1 to 5 scale, by circling the appropriate number:

1. To what extent did these articles accomplish these learning objectives?

Completely	Adequately	Not at All		
1	2	3	4	5

2. To what extent did you learn something useful to your profession?

Completely	Adequately	Not at All		
1	2	3	4	5

3. Was the information well presented?

Completely	Adequately	Not at All		
1	2	3	4	5

Please print legibly, copy page, and mail with your \$25 payment to: AS&CP CE Quiz, RTI International, 6110 Executive Boulevard, Suite 902, Rockville, MD 20852. Quiz and payment must be received by March 31, 2011.

Name _____

Address _____

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I certify that I have answered the test questions without any help.

Signed _____ Date _____

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Signed _____

Make checks payable to RTI International. In about 6 weeks you will receive notification of the results and, if you score 70 percent or higher, a certificate of completion. The National Institute on Drug Abuse, publisher of *Addiction Science & Clinical Practice*, is a NAADAC-approved provider of continuing education home study.